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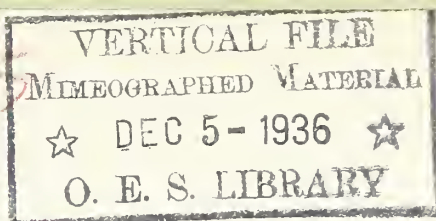


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3
SOME GOALS IN FARM FAMILY ATTITUDES TOWARD FOODS AND NUTRITION

Suggested by
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1. We want to have a balanced, abundant diet because we know that this is essential to health, growth, ultimate economy, and happiness.
2. It is a point of pride with us to know enough about the indications of positive health, the food needs of our bodies, the special values of the everyday foods, and good health habits, to keep ourselves in excellent condition throughout life.
3. Because we are farm people who depend for our livelihood on the scientific feeding and care of our livestock, poultry, and crops, we find it easy and even thrilling to learn how the same laws of feeding and care apply to ourselves and especially to our children.
4. Because we understand, from our experience in raising animals and crops, that our children need a good early start in life if they are to realize the possibilities set for them by heredity, we intend to give them intelligent feeding, habit training, and care throughout the preschool, school, and adolescent years, and to provide for the mother's food and health needs during the prenatal period.
5. Because we realize the force of example, we parents intend to eat and enjoy the foods our children need for growth and development.
6. Since the food item is often the largest single item in the farm-family budget, we want to produce as much of our food as is wise, in order to conserve our ready cash for other necessities and for luxuries.
7. While it is usually good business for the farmer to raise a large part of his food supply, and, as it were, sell it to himself, we want to be sure under what circumstances and to what extent this is true of our own farm and home situation.
8. We want to make a yearly family food plan or budget, because that is the surest way to secure the best possible diet that our circumstances permit, and also because it will guide us in determining what we must buy and what we should raise. We are all interested in helping to work out this plan, carry it into effect, check it, and improve it year by year.
9. The whole family is interested in the home vegetable garden because it contributes so much to our health and to our table pleasures. We don't think it fair to leave all the responsibility or all the work to the homemaker.
10. Since the homemaker handles the food money, we believe she should become a skillful buyer and an intelligent and socially responsible consumer. She should keep simple food accounts in order to know the amount spent for food. But father and the older children do a lot of the family marketing at certain seasons, so we all need to understand food-buying economies.

